

Carbon County Senior Center

ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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Nov. 5 ~ My Name is Nobody ~ 1974 / PG / 115 Minutes

Nov. 12 ~ Do Not Disturb ~ 1965/ NR / 102 Minutes

Nov. 19 ~ We Bought a Zoo ~ 2011 / PG / 126 Minutes / starting at 12:45

Nov. 26 ~ The Man From Snowy River ~ 1982 / PG / 104 Minutes

MON	TUE	WED	THU	FRI
Blood Pressure	PRICE ACTIVITES			<u>CLINICS</u>
Billiards: 8a-4p Game Room 8a-4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm-3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling at Country Lanes 1pm <u>ACTIVITIES</u>
Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Quilting & Sewing 10a Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Needle Arts 10a	Computer Lab: 8a-4p Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Quilting & Sewing 10a 3rd Thursday; Health Talks 11am	Computer Lab: 8a-4p Ceramics: 10am <u>CLASSES</u>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a <u>EXERCISE</u>
	The Four Tune O's 1st & 3rd Tues 11:30a	Melody Five at 11:30a	Sing Along 2nd & 4th Thurs.	<u>MUSIC</u>

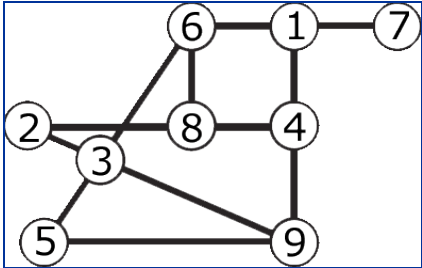
MON	TUES	WEDS	THURS	FRI
Blood Pressure 1st & 3rd Monday 11:30a	EAST CARBON ACTIVITIES			<u>CLINICS</u>
Billiards 8a-3p Bingo/cards 1:30p	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p 4th Weds Movie at 1:15pm	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose1:15p <u>ACTIVITIES</u>
Ceramic Class 10a	Needle Arts 10a	Line Dancing 9:00am at Sunny-side City Hall	Needle Arts 10a	Crochet Class/ Embroidery/ Knit-ting 10a <u>CLASSES</u>
	Exercise Class 11:30a			<u>EXERCISE</u>

4	9	1	5	3	6	8	7	2
8	6	5	1	2	7	3	4	9
3	2	7	4	8	9	5	1	6
9	8	2	3	1	4	7	6	5
7	4	3	9	6	5	2	8	1
5	1	6	2	7	8	4	9	3
6	3	9	8	4	2	1	5	7
2	7	4	6	5	1	9	3	8
1	5	8	7	9	3	6	2	4

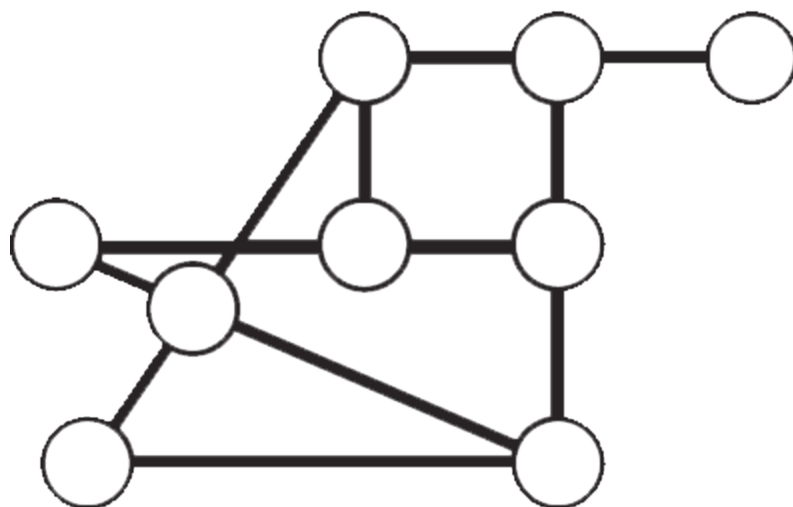
Centers Closed

November 11th for Veterans Day

November 28 & 29 for Thanksgiving



Place all of the digits from 1 to 9 into the circles so that the sum of the numbers in each straight line is the same.



4			5	3		8		2
						3		9
	2	7	4		9	5	1	6
					4	7	6	
7			9	6	5			1
	1	6	2					
6	3	9	8		2	1	5	
2		4						
1		8		9	3			4

Falls & Fractures

A simple thing can change your life— like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men & women do each year. A broken bone might not sound awful. But, for older people, a break can be the start of more serious problems.

Many things can cause a fall. Your eyesight, hearing, & reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall.

But don't let a fear of falling keep you from being active. Doing things like getting together with friends, gardening, walking or going to the local senior center helps you stay healthy. The good news is that there are simple ways you can prevent most falls.

Take The Right Steps

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls & accidents don't "just happen." Here are a few hints that will help you avoid falls & broken bones.

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, & ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.
- Have your eyes and hearing tested. Even small changes in sight & hearing may cause you to fall. When you get new eyeglasses, take time to get used to them. Always wear your glasses when you need them. If you have a hearing aid, be sure it fits well, & wear it.
- Find out about the side effects of any medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are sleepy, you are more likely to fall.
- Limit the amount of alcohol you drink. Even a small amount of alcohol can affect your balance & reflexes.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly.
- Use a walking stick if you need help feeling steady when you walk. If your doctor tells you to use a cane or walker, make sure it is the right size for you & the wheels roll

smoothly. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven.

- Be very careful when walking on wet or icy surfaces. They can be very slippery! Try to have sand or salt spread on icy areas by your front door or back door.
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Don't walk around on stairs or floors in socks or in shoes & slippers with smooth soles.

Always tell your doctor if you have fallen since your last checkup—even if you aren't hurt when you fall.

Make Your Home Safe

There are many changes you can make to your home that will help you avoid falls & ensure your safety.

In Stairways, Hallways, & Pathways

- Have handrails on both sides of the stairs, & make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand & use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top & bottom of stairs & on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books papers, clothes, & shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile & wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

In Bathrooms & Powder Rooms

- Mount grab bars near toilets & on both the inside & outside of your tub & shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights & light switches close to your bed.

In Other Living Areas

- Keep electric cords & telephone wires near walls & away from walking paths.
 - Tack down all carpets & large area rugs firmly to the floor.
 - Arrange your furniture (especially low coffee tables) & other objects so they are not in your way when you walk.
 - Make sure your sofas & chairs are the right height for you to get in & out of them easily.
 - Don't walk on newly washed floors—they are slippery.
 - Keep items you use often within easy reach.
 - Don't stand on a chair or table to reach something that's too high— use a “reach stick” instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady & has a handrail on top. Have someone stand next to you.
 - Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
 - Keep emergency numbers in large print near each telephone.
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EFFECTIVE JANUARY 1, 2014

LIQUID FOOD SUPPLEMENT

PRICE LIST 2014

REGULAR ENSURE—\$16.75

ENSURE PLUS—\$18.75

ENUSRE HIGH PROTEIN—\$19.25

GLUCERNA—\$31.50

REMEMBER TO TURN YOUR CLOCKS BACK NOVEMBER 3RD

Dear East Carbon Seniors,

Brrrrrr, I think Thanksgiving is not too far away; gosh, I could cook a Turkey! Well that being said you know where my mind is gobble, gobble.

October was such a busy month and I'm sure that this is just the beginning. Hopefully all our seniors who are traveling will be home and we can once again start on some new activities. I am hoping for a new exercise class, as it is now too chilly to be out early in the day walking. I shall keep you informed.

The Food Pantry will be here once again on November 11th from 11 a.m. till noon. Please mark this on your calendar. They have been a god send to this community and we do appreciate their dedication.

Eat, Feast and Be Merry, enjoy your loved ones and have a Happy Thanksgiving.

Bonnie Bell

Dear Seniors,

As November begins and 2014 looms on the horizon we are beginning to plan for the new year. Activity dates must be set and trips planned. In the last Council on Aging meeting we talked about trips for 2014. Some of the trips mentioned are:

- Bee's game (baseball)
- Hill Aerospace Museum
- Blaze game (indoor football)
- Jazz game (basketball)
- Payson Salmon Supper
- Tulip Festival
- Heber Creeper Train Ride
- Tuachan Theater

If you have a suggestion for a trip or have an interest in one of the above mentioned trips please talk to one of the Council on Aging members. Senior members on the council are: Helen Garr, Ken Nelson, Eunice McFarland, Lucille Cook, Grant Howell, Jerry Black, Sam Espinoza, Lee Saccomanno, Neldon Huff, Phyllis Wheeler and Linda Leautaud. Other members are: Debby Kobe, Bonnie Bell, Rebecca Mason, Commissioner Casey Hopes, AAA Director Collette Freestone and Mayor Joe Piccolo. Our secretary is Tammy Veal.

Tammy is working with Web Tours to plan our big trip for 2014. It looks like we could be sending you to Yellowstone, Calgary, Northern Idaho, Couer D'Alene, Spokane and many spots in between.

The train trip to Glenwood Springs, Colorado, as many of you are aware, was cancelled due to the train track being damaged during the flooding in parts of Colorado. I know that those who had signed up to attend were very disappointed. We will look at doing a similar trip in the future.

As always I want to extend a big thank you to the dance committee for the Halloween Dance. It's always fun to see those who dress in costume. Our dances are an excellent opportunity to visit with friends and listen to good music.

Remember to turn your clocks back on Sunday November 3rd or as many do on Saturday November 2nd before turning in for the night.

And finally, I want to wish all of you a happy thanksgiving. The center will be closed Thursday and Friday (28th & 29th) but will serve a traditional thanksgiving meal on Wednesday November 20th.

May God bless each of
you,

Debby

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie